

# **CDC Vital Signs**

## **Preventing Repeat Teen Births**

*[Announcer] This program is presented by the Centers for Disease Control and Prevention*

Teen pregnancy is a continuing public health challenge in the US, and nearly one in five births to teen mothers is a repeat birth. These can be prevented.

Teens can choose not to have sex. But if a teen is sexually active, there are effective birth control methods that are right for their lifestyle and relationship. Teens need to know that free reproductive health and family planning services are available.

Parents and guardians can talk with their male *and* female teens about relationships, including how to avoid unintended pregnancy.

Health providers should work with teens during their first pregnancy to prevent repeat pregnancies. It's important to help teen mothers choose an effective birth control method.

Many communities already have resources that are sensitive to the needs of teen mothers and fathers, including home visiting and parenting programs. Community organizations should help connect teens with economic, educational, and social support that can help prevent another unintended pregnancy.

To learn more, visit [cdc.gov/vitalsigns](http://cdc.gov/vitalsigns).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*